

## Sort

### Fighting

Smiling is for losers

Prefight smiling (betting lines beat smiling intensity), this is the smiling intensity before a fight, article is called *Smiling is for losers*.

### The difference in power between respect and money

Money is what you use to get other people to do things for you, and in return someone that isn't you will do something for them. Respect and charisma is what you use to get other people to do things for you, in the hope that you will do something personally for them. In the end they achieve similar goals in that they motivate the other party to do a thing. In one case the payoff is directly from you, and in the other it's indirect and through the money that they will give to someone else, that is very likely not you.

## Skills

### Bending the physical world to your will

Clear the slate. Choose your state. Starting from the same state every time improves consistency.

If you want consistent results, you must perform your action from a consistent "base" your physical and mental focus and environments must be practiced and correct. Your emotional state, the color of the room, the temperature, and how you use your body, also, which outcome will profit you most all affect your bias, perception and performance.

Xx need better analogy, perhaps the aim small shoot small target shooting stuff, or the basketball pre free-throw setup, or how you hold your arm playing pool. If you listen to a stereo system, it's very likely that your brain will "think" the sound is coming from where you are looking. If you are perfectly between the two speakers, and you are listening to a sound that is supposed to sound like it's in the center of the "soundstage" if you look up, it kinda sounds like its coming from up there. If you look down, it kinda sounds like its coming from down there. Thus if you're ever trying to judge the quality of a sound system, you must make sure to point your head the right direction, or you'll fuck up your results

### Don't train negative

If you shake your head in disappointment when you miss a shot, guess what you will do when you miss the shot in a non-practice environment. You're more likely to do the same thing in the real world that you've been unconsciously practicing. Miss shot, show disappointment. Screw up, show disappointment.

Guess what. Being disappointed and looking down or shaking your head is the opposite of performance. You can't make a good shot when you're not looking at the target. Keep your eye on the prize and don't waste time practicing bad behavior, conscious or unconscious.

TLDR When the shit hits the fan you will perform at the average level of your practice. You're unlikely to do much better or worse than your average.

### Focus on the action, not the outcome.

Revisit it every once in a while to make sure that the process is still the right one you should be focusing on. Some large companies focus on process too much and lose track of the reason the process was originally good.

Anyway, if you put your focus into the area where a thing is happening, your brain has all kinds of mental and physical tricks it will use to get you to get better results in that area. If you're playing baseball, focus on the ball. If you're bowling, I always did better focusing on the ball as well, not the pins. I could still make changes while the ball was in my hand, once it was gone, it wasn't useful.

Xx quotes from me (lots of options here, like "past... but an idea" "shall impact you soon"

Focus on those things you can interact with, the things you can touch and influence, and the world will bend to your will. You must focus on the that which is coming at the expense of what which has passed. The future is rapidly approaching, and the past is forever out of reach. For the past is, but an idea, unattainable, and the future is.. unavoidable.

## Focus

Changing the focus of your mind to get better physical results. Limiting feedback and focusing on touch.

I hold my typing speed record of 116 WPM on a laggy computer with a Logitech k120 10 dollar keyboard. Why you might ask? Well, first, it's probably the finest of instantly cheap keyboards. Good key feel, rather short travel distance, standard key positioning. Now why is the laggy part important? Well, you would think that on a laggy keyboard, you would type slower, because it would take longer for you to verify that what you were typing was coming out correctly, and you would be right, up to a point, however once the lag is so high, that you realize the complete and utter futility of even trying to see what's coming out, you can focus all of your mind directionally on your fingers, and if you're good at typing, you already know when you've made an error, you don't need the screen to tell you, thus, by cutting out the feedback loop of the screen and the visual system, and by only maintaining the feedback loop of the touch system, you have a more pure data stream to focus on, and one that is perfectly in synch. I also believe that where you put your focus, your body tends to naturally locate resources. Let me give you an example.

## Computing

### Sort

#### Display

Do not use quality settings on your gpu, or cleartype, it will blurr up all your shit. Ask me how I know, lol.

#### Mousing

The countour roller mouse pro 2 is pretty great if you do a lot of typing, every second you're not moving your hands away from the keyboard is a second you can get back to typing faster.

#### Internet browsing

Middle click, or ctrl left click to mass open windows you are interested in. Then they can load in the background and be ready for you when you want them. This doesn't work great if your computer runs out of memory though.

#### Chrome plugins

Tab outliner plugin for chrome!

Ad block

#### Screen colors

Try out high contrast mode.

Green text on black screen

Black because, why should you be illuminating things that aren't data?

Green because it's the most visible color to your eye.

On oled screens and all other screens that don't have a backlight, you pay for every pixel you illuminate, so why bother lighting up pixels you don't need, burning through battery, and shortening the life of those pixels.

#### Writing things

Typing fucking emails and comments and forum posts

Type them locally in your own text editor, or be very angry when backspace takes you off page and deletes all data, instead of backspacing in your text. Or their form submit doesn't work. Or you were posting too fast, etc. etc. Anything you generate in this world whether its text or images or videos, you need to have it backed up, for if it was important enough for you to spend the time making it, then its important enough for you to spend the time to make sure it doesn't get accidentally deleted.

#### Risk management

Backup all that you create.

Accidental deletion

Hitting cut 2x means you actually hit delete on the first thing, unless you pasted it first, or remembered to ctrl+z a lot. You should install a clipboard manager to warn you and keep a history of things you've copied.

Perhaps this is a solution

<http://www.easyeclipse.org/site/plugins/multi-clipboard.html>

Not losing data

All spinning disks need to be in raid.

Raid is not a backup

#### Focus

Density is friend

If there's a compact view option, use it.

Virtual desktops

If you use an OS which supports multiple "virtual desktops" you could also just put your distractions on one desktop, and your real work on another, and there would be little question as to whether you were really working or not.

Xx this is a way long as fuck way of describing the theory behind what should be a simple tip. Make this smaller. The meta that you used to arrive at this tip is likely not as useful as just the tip. If you really want to go into explaining why some advice should be chosen, perhaps you can make that content a paid addition to the book. You don't want a timeless book to be cluttered with ideas that will be obviously short lived, such as how to best use YouTube, or hotkeys to control audio. It's barely worth mentioning now, when the curation and voice reg is the worst it will be future forward.

#### Search

Let the computer search for you, don't use your eyes.

Its easier to type what you are looking for, than to try and find it visually searching around, which is why lthe programll aunchy or the newer windows , click start button, type what you want , it appears there are better.

It would be nice to see such a feature to be able to find that tab lost in your sea of tabs ,if perhaps the tabs outline plugin didn't have the feature (I'm not sure if it does or not.)

#### Hidden Google search options

One very powerful, but undocumented, search tool, is the AROUND function. If you wanted to research Barack Obama's interactions with Australia, you could simply include both terms in a search, but you'd find thousands of articles in which these two terms may appear many paragraphs apart, and bear no relation to one another. But if instead you search "obama" AROUND(10) "australia" then the first results will be one in which Obama appears within ten words of Australia. NOTE: for this to work, both search terms must be in quotes, AROUND must be capitalized, and the number must be in parentheses.

Knowing how and when to use the minus sign in a search query. i.e. search George Washington -gwu.edu

Also ~ before a word to search simultaneously for the synonyms of that word.

<number>..<number> to search for a range of numbers. For example, 1..10

(\*) as a wildcard in quoted search strings to stand for one or many unknown words.

"The \* cat" will return things like The angry cat, the big brown cat...

(+) will ensure that a word is included in every search result. (per u/izerth, google got rid of the + operator, so now you have to put " around single words or use search tools->results->verbatim)

Quotes surrounding a phrase will ensure that exact phrase turns up.

filetype: .whatever will make sure URLs have that extension at the end.

inurl: some.words\_here will make sure whatever follows shows up in the URL. Good for refining your search by domain name.

site:sitename.com will return only results from that site

That's all I can remember off the top of my head. So if you search for "lincoln park -square -oak" you have narrowed the search in a very useful way.

#### Data

##### Drive space

"Duplicate cleaner free"

#### Enjoy viewing media

##### Potplayer

Actually uses your video card to make things faster

Esc closes program fast

Shift-Del deletes file you're watching

Page up/down goes forward and back in playlist

##### Keeping a hand free

Mouse gestures in opera or using extensions

Mouse macro buttons, keyboard macro buttons

Touchpads or roller mouse or "roller mouse free" (or similar)

#### Websites

##### Youtube

(currently have to hack and build yourself because chromestore removed it for review: <https://github.com/YePpHa/YouTubeCenter/wiki/Features>)

Shift n shift p, next and previous hotkeys

[https://www.reddit.com/r/AskReddit/comments/54ynck/what\\_small\\_websites\\_should\\_more\\_people\\_be\\_aware\\_of/](https://www.reddit.com/r/AskReddit/comments/54ynck/what_small_websites_should_more_people_be_aware_of/)

How to get rid of data on employees' computers

<https://news.ycombinator.com/item?id=10988751>

#### Workstation

Quiet vs loud Keyboards (xx probably get cut)

Loud keyboard could make you want to work more. If you work with others though, they might want to kill you. The quiet that comes from the people around you having well silenced keyboards leaves a nice acoustic background for you to place the sounds you enjoy hearing the most. If you love the clack of keys, and you're not working with too many people at the same time, you could very well enjoy the sound of the board itself.

I think music is pretty great, so I prefer a low noise floor. The higher the noise floor, the louder I have to go to get the signal to noise ratio I enjoy, and at some point you can hurt your ears, or piss off your neighbors.

#### Windows shortcuts

Right click via keyboard

Shift+F10

F11 for full screen

Isolate all things that vibrate from other things

Do not build your computer into your desk

it will vibrate, get hot and suck. Oh, and act like a giant speaker cone for the vibration.

Isolation is your friend.

#### Exclusivity

Power is when you can take the elevator into a department store's special floor, swing your Black Card and get free premium quality cappuccino that people without the Black Card can't even buy because they don't accept money there. They don't accept money. All they accept is power. Power is currency. Power is exclusivity.

You're likely to meet other people there who are already powerful. Power is proximity and proximity is power. Your proximity to other powerful people amplifies your power. Money is not power, knowledge is not power. Power is power.

*power = mass \* time \* speed*

Power is unused time, potentiality. When you have more things under your control for a long time going faster and faster, power increases.

Power has carry-on effects. If you're not included, you are not enjoying those effects. Power multiplies force. You've got to have force to multiply.

In the words of D-Block:

*"First you get the money.*

*Then you get the muthafuckin, power.*

*After you get the fuckin' power muthafuckas will respect you."*

#### Who gets to decide?

The guy that pays you decides what you do with your time.

If you're a boss, your boss is the customer.

If you're not a boss, your boss is the boss.

If you're a criminal, your boss is the police.

Having the right equipment is a force multiplier that allows you to do things.

Force multipliers are what power is.

Money is not power, knowledge is not power. Power is Power!

Having the money to buy a thing is one part, if it's something that money can buy. Knowing where to spend the money is another part. Getting them to actually deliver what was advertised is another. Getting it done on time, yet another still. And then after all that, finding out that thing you wanted wasn't actually the thing you should have wanted, is a great way to explain how just being able to afford something isn't enough.

Hell, do you even have a complete list of all the things that are for sale that you should or shouldn't want, and how often does that list get updated in comparison to the update and release cycle of improvements, innovations and new product categories? Spending your money wisely to maximize happiness is more than a full-time job, even if you are so lucky enough to be able to afford the things you want.

You're going to the same store as everybody else, but you're drinking for free. The coffee place in the Stockmann department store in Helsinki. Nobody else can even drink coffee there. Only the powerful can. Others are excluded.

#### Navigation

##### Streets and highways

Did you know that streets and boulevards and even numbered highways go east-west and avenues and odd numbered highways go north-south?

Did you know that cities have an origin address, usually where the city was first founded. All the new streets grow out from that position with higher numbered names farther away, and they're divided into 4; NE, SE, SW, NW. So if you're near the center, you could find two 1st streets!

Use North, South, East, West. Stop saying left, right, here, there, etc.

Left of something means literally the opposite of what you want it to, if the person you're speaking to is on the other side of what you're looking at. Your left is his right. It's easier to say north, south, east or west, or reference another landmark, such as closer to the ocean, or sunset, because then it doesn't matter what direction he's facing when you talk to him. Be specific when you guess how long it will take to get somewhere. The specificity will make you notice when your guesses were wrong, and they'll get better with time. Often getting ready to go somewhere takes as long as getting there, and people often guess wrong how long it will take to get ready, or account for the crap that always shows up, like where are my keys? Oh, I need to get gas, there's traffic, I have to help my kid with xyz thing.

Stop using the word here, no one knows where here, or there is, be specific. Where is here?

#### Presentation

Success (Tony thinks a lot of this might go in mind TN-XX REVIEW)

#### Attention economy

Mindful of where you spend consciousness. What is consciousness? Check out the spirit section "Consciousness"

#### Tune out the rest of the world to turn on yourself

If consciousness is the most important and valuable thing in the entire world, then you should be mindful of what you spend that consciousness on. If you understand sports, you get more of that in your life. If you're good at business, then you get more of that in your life. If you read a lot of news, play a lot of games, then basically foregoing some of the things that are the rewarding and powerful in the world which are things that multiply/how you

affect other people. To invent, to build, to influence are the things that scale. Think about the quality of what you're doing, not just the quantity. Is starting another dumb thing what the world needs? Is taking advantage of people's poor programming attention skills what the world needs.

If you spend all your time absorbing music which other people created, reading books which other people created, watching movies which other people created, reading comics which other people created, watching other people have fun, listening to other people's jokes – it is very hard to be producing, when you're absorbing. We're not full duplex - you can't really listen when you're talking, you can't really talk when you're listening, you can't really create or be an individual or do that thing that only you can do, if you're busy absorbing everyone else's consciousness and not being your own consciousness.

Now, do you need to start your life absorbing other people's consciousness? Yes, you do. You just need to learn a language, learn customs, thrive, eat, break bread, make love, enjoy. You need to do that. Once you've done enough of that, got the low hanging free and got the Pareto principle 80 percent of the results for 20 percent of the input, you need to switch gears. You need to give back, you've been a child, you've eaten from your father's hand - it's time to be a father. It's time to give back. You spoke the language, you use the language, you read the words - make your own words. You think that there's not a place in this world that you can have an impact. If you focus your mind, regardless of how fucking retarded you might think you are, or how retarded you might actually be, with enough focus you can make an impact.

People get good on what they focus on. The more you're willing to focus on a thing that particularly other people aren't, the more you'll stand out, the more contribution you'll make, the more money you'll make, and guess what, people love to do what they're good at and people get good at what they focus on. You can change what you become by changing what you absorb. If the world is a light and you're a crystal Swarovski bear, whatever you look at, that light shines on to you and now, you're that color. If you focus on negative shit, now you're a negative person. If you focus on positive shit, now you're focused on your positive person. You will literally become what you focus on. If you focus on why you're not good enough, you're going to keep on being not good enough. In theory, you'll tend towards that direction. Tony Robbins says if you focus on the wall, you hit the wall. If you focus on the road, you get the road. It just makes logical sense, it's tautological. Your brain is constantly running simulations.

I don't like the term question, so a lot of people, like Tony Robbins, like to use the phrase internal questions. First of all, that's bullshit. Because people without language, which human beings didn't have like two hundred thousand years ago, were still doing that 'what might happen' processing without language. It's obvious that you can do processing without language. Please don't let remembering be the end, please do not become a shitty version of an encyclopedia - synthesis is the end. Don't become Google and stop training your kids to be Google. You just need to be Google long enough to get something in working memory to create something beautiful. You just need to remember something, a marker, an index. You need to know how to use Google. If you know how to use Google, you can have a bad memory for the rest of your life, because the Internet is not going away.

I need to write about choosing what you know. So many people find it useful to not know things, such as their partner cheating on them.

The consciousness economy, which is kind of a new field of understanding, which I hope to elaborate upon with how shitty the world is due to bad marketing, and marketing only for things that are evil and not good. Maybe I should unload the term evil.

A lot of people actually have shit memories. They don't remember to brush their teeth, what day it is, what time it is, when they last ate, they don't remember birthdays, they don't know what season it is, sometimes, that's because they don't give a fuck about those things. You can make a compelling case that they shouldn't give a fuck about those things. Let your iPhone remember them for you! Your iPhone will wake you up when you need to send someone a happy birthday text, or gift, or selfie, or whatever that you're sending them, your phone will wake you up. You will not wake you up. You are a shitty alarm clock. If something that falls out of your circadian rhythm needs addressed, your brain is not going to do it for you. Your phone will. Let your phone do all that remedial horse shit. Let your brain do what juices it, what gives it passion, what engages it, what is at the limit of its understanding. I believe that a lot of people that may seem like idiots may actually be using all of their bad ass memory powers on shit they actually care about. Give your brain the best memory gift it will ever receive and start giving a fuck about something.

This reticular activating system that subconsciously decides what you hear and what you don't, what you see and what you don't, what you focus on and what you don't, why not use it to empower you? Let's look for what is right in the world, let's look for what is powerful, let's dream the dream and let's starve out that disempowering and feel bad horse shit of everything that's wrong, and everything that can't and all the fear and all that, let's drown that out. Let's only look at that for the minimum amount of time we need to, to invert it to see the solution, to execute that beautiful solution and never have to think about the old suck. You never have to think about quitting again when you're not a smoker anymore. You just don't smoke. It's no longer a fight. When you change your identity, it becomes much easier to execute the behaviors that that identity has. When you keep an old identity that has try-and-fail as a component of it, it's harder to do the new thing.

Give yourself the gift of focusing on what you want, not what you don't want. Give your brain the gift of knowing what you want, so that you get more of it. When you fill your life with what you want, you'll find out that you don't have space for shit that sucks, because it just doesn't fit. It's really simple and lots and lots of people have solved it. You just want to think it's complicated and hard so you don't feel like a bigger asshole. You don't feel more regret. It's like writing a book. Is writing a book hard? No. It's just like writing an email to a friend. Well, then how come more people don't do it? I don't know. Somehow it feels like fucking homeward. We need a little bit of a reward for something that takes hundreds of hours. Maybe someone should solve the reward problem.

I support people exploring what there is in the world as far as consciousness is concerned, and I would advocate at least the preemptive execution of all the other tried-and-true awesome.

You may have already heard about scale. We live in middle earth, where we're like one order of magnitude bigger than the smallest shit and one order smaller than the biggest shit? As fun and trivial as that is to know about, I'm going to tell you why it's trivial, because if you're good at



understanding how things work in the arenas that you don't live in, you're not good, likely, at the shit that may actually help you, here in the world you do live in. It's just like people that want to solve problems they don't have. People that think that when they lift weights, they're going to get so big they don't fit in their clothes. I have a good idea. Why don't you worry about getting so big first, which you won't. It isn't happening. Then, after that happens, you can work on fixing your clothes, but don't waste your fucking time fixing a problem that's not yours and probably won't ever be.

If you're still worrying about the universe and where it's going, that's not your problem. You're not making a left turn at Mars. You don't have a space ship. Worry about the little blue ball you live on.

The amount of up-time of thought that people have is greatly dependent on the of habits of internal focus that go on in their mind. If people are honest and aware when queried as to what it was they were thinking about, the range of things that people actually spend their time focused, concentrated and concerned with is so very wide. Some people are thinking about sports, some people are thinking about gossip. Some people are thinking about family, some about friends and others about ideas. Dependent upon the amount of time that remains engaged, if you perform thought-killing activity like gaming or remedial tasks, such as data entry perhaps, then in theory you actually are less alive. You have had a portion of your consciousness and your ability to become unique and to grow destroyed. It's reasonable to see some of the outcomes that we see in this world, where one guy will win nearly 100 percent of the time of fighting against another guy. One guy will win nearly a 100 percent of the time in a test of mental ability versus another guy. One guy will know nearly a 100 percent of the time the answer to a question that another person will not. It is because the amount of available up-time and the application of that up-time to a goal.

The law of attraction is actually perverse; every moment you spend focusing on what you want instead of focusing on doing the things that get you it, is a waste of time.

Focus on the real world. If you focus on the real world and not fiction, when you care to disengage and do screwing around you can screw around better because you'll be wealthier, fitter, and have better resource material to write and gain enjoyment out of other people's fiction.

If you're wondering if the world is actually just a digital simulation on someone else's supercomputer, you're worried about someone else's problem. You don't live in that scale, so it doesn't matter.

#### Being effective & useful

When you're deciding what to do with your life, like play chess, think about it. If you were alone on an island, would you play chess with yourself? No. You would build stuff and make your life better and that's what you should learn to do when you're learning skills, investing in companies or when you're helping other people do things. You should do things that actually benefit their life and aren't wasteful time sinking pieces of shit. It is the same reason it's kind of good that companies fire people, because if a company can get the same job done for the world with less people, then it's the same thing as you finding a smarter, better, more effective way that takes less time to get something done, so that you can go do something else with your life. If a company is just an abstraction, or just a combination of people, then you can kind of treat it like a single person. If you don't need a person to do a thing, free them! Let them do something useful with

their life instead of trapping them. Not only trapping them, but forcing someone else to pay the price for them pretending to work.

This is a competitive world with limited resources, and the girl that you want has options. If you're doing self-improvement for a woman, you can shove that idea that you're enough up your ass, because you're never what you could be. You're never barely what you should be. So what's the art? The art is to be the most that you can be, comfortably within reason. *Pareto principle*, you're in 80% of your results with 20% of the effort. Eat healthy, most people don't. Be fit, most people won't.

Learn some game, learn what an attractive looks like, most people won't. Now you've won. Now you actually are unique, measurably. You can do things other people can't. You can lift weights they can't, you can make smiles they can't, you've got skills they don't have that take years to develop. Guess what? Those years you put in, those are the years that put you past everyone else. If you thought that you've got to start this game and outcompete other people because of your "uniqueness" that brought you here to the please fix me for money club, you're dreaming a dream and someone's blowing smoke up your ass. Don't believe the feel good bullshit. There's real work to be done, there's real excellence to be had, and you don't start with it. You end with it.

Because I've recently been on a gun craze, I went shooting and I want to do better at it. You can sacrifice depth of knowledge for more effectiveness on whatever level you're on. You do not need to know how to load your own ammo, load your magazines, clean your own gun, and break down your own gun or even draw your weapon from your holster. You don't need to know any of those things in order to be a better target shooter, because the things that make you good at target shooting have literally nothing in common with any of those other things. Knowing how to use your breath, knowing how to squeeze the trigger the right way, knowing how to hold the firearm the right way, understanding how to use your body symmetrically and all the things that go into being a good shooter have nothing in common with being a good reloader of ammo or a good tactical draw from the holster without shooting yourself in the leg kind of guy. The statement is that you need to decide whether you're going to trade depth of knowledge in a bunch of other levels for excellence in the level that you're at or maybe excellence somewhere else. You can't have both.

If you dedicate yourself in a direction so hard and immerse yourself so hard in a behavior or an outcome, you begin to see the whole world through that lens. It affects what you think is important, it affects what you spend your time on, it affects who you meet, it affects where you exist and most of your life will be muted, deleted and unseen. You might neglect family relationships, you might neglect showering, you might neglect knowing about the news or brushing your teeth or eating. When you are so in a fixed state, addicted, single minded and focused, there's the risk that you have great personal pain during those rare moments when you notice that you sacrificed much of what you might want in your life for a different goal, either by choice or by obsession, either through a healthy decision or by having no choice and having an addiction.

The important part of being effective on what you're typing is you and your brain, not the tool. Let's say, you learn how to have a schedule. Everybody's cell phone these days has a calendar on it, a little alarm clock and reminders and things. How many different scheduling things could you use? You could use Outlook, you could use Trello, there's all kinds of different things that you can

use to manage your schedule. Are those things what is important? No. What is important is that you have a list of what you need to do and the times it occurs and alarms necessary. It doesn't matter whether it's a wrist watch or a pocket watch, it doesn't matter what it is, it's just another tool. The important thing is that you're using your time the way that you want to use it.

I believe that part of the giant myth of personal development is that if you read a book on how to manage your time and you finish it, then you think about reading another book. No. How about you just hope that you were already smart enough to read a good book and you just learn how to do that one? Realize that whatever gains you might get from switching are going to be very small as opposed to the gains you would get by having any system over no system.

Why don't you, instead of getting diminishing returns at things that you're already good at, perhaps allocate what time you want to put into learning and making up for big gaps? For some people, their big gap is that they're working on the wrong thing. If you're working the wrong thing, then almost no amount of reading is going to convince you of it. It seems like people don't want to be convinced externally that what they're doing isn't right. Try and talk someone out of their religion sometime, give that a try, or try to talking them out of a love interest, they're not interested in it. I'm not exactly sure the right way to help people that have picked the wrong thing to do.

They just need to discover it on their own maybe. Maybe there's a line of questions that can be asked in a Plato style and interrogate of what's learned together, Socrates actually. Ask a bunch of if-questions that he already knows the answer to and you think you're coming up with new answers. I've always thought that to be condescending. I don't like it when people ask me a bunch of questions when I know they already know the answer to, or they just tell me so I don't have to be manipulated until getting whatever outcome they prefer from our interaction, that extended time.

In summary, a lot of you guys that have read a lot of self-help stuff, you probably need to stop reading self-help stuff and do what you already know. If you're doing what you already knew and actually doing it, you would be living a dream; bragging about how much ass you were kicking, bragging about how fit you are, how good your relationships were, how happy your prospects were and how proud you were of your activity. It doesn't take but a couple of YouTube videos to get to the point where you know what you need to do.

The hard part is getting you to actually do it, and that's the magic. The magic isn't knowledge - the knowledge has been out there for free, forever and it's only getting slightly better, if at all. Some of the classic are still classic. If you can't find that advice to execute but you've got tons of willpower, lucky you, you're going to have a very easy life ahead of you. For everybody else out there that knows what they need to do and they're not yet doing it, you guys are going to have it a little bit harder, because intellectual learning and understanding isn't what you need to get where you want. What you need is a kick in the ass, either self-delivered, externally derived or helping someone kick you in the ass based upon your request.

A lot of people, they don't want to become evil and that's an absolutely fantastic thing. Therefore, a lot of people don't want to do things that other evil people do and that's where the problem occurs. I pose you this question: how can a single man gain great power, wealth, influence, impact, intellect and positively affect the world unless he does much of the same behaviors that

evil, shittier, mal-intentioned dictators and evil people in the past have done? For you see, the effectiveness comes not from the evil, the effectiveness comes from the strategy. The strategy can be used for good or evil.

Who has good marketing? Google. Are they doing good in the world? Yes. Who also had good marketing? The Nazis in Germany. Did they do good for the world? Most people will tell you, no. Is having good marketing therefore evil because the Nazis did it? They also cared about animal rights, cared about people not smoking, built roads, they did a lot of good shit. Unfortunately, they poisoned in the minds many of these good things because they did so much evil shit. So what is the point that I'm trying to make?

If you want to make a huge impact in this world, you want to make this world a better place or you just want to make lots of money or you just want to be loved, you are going to need to do what works and a lot of what works is what worked for assholes. If the world is lucky enough to have a good person such as you, use the same tactics and occupy the same receptors sites on the global consciousness, it's much better that those receptor sites gets filled by the good that you're doing than by the evil that these assholes are trying to do. If there's a lot of people out there with podcasts trying to convince you to buy their "get rich quick" bullshit, wouldn't the world be a better place with your podcast sharing the same ideas but not trying to scam people out of money.

Avoidance is bad, actually do what you want

My new theory on life is that a lot of people spend a lot of time doing things, not because they want to do those things, but actually they don't want to do something else. If your marriage sucks, you would try to spend all your time at work. If you don't want to write a book, you would spend all your time playing games. Doing whatever else, getting laid etc. Anything else meta work. Work that seems like work, but it's not, like learning. Learning is not doing. I found that one way to overcome this is to decide what you want and then go and get what you want. Now, I know it sounds simplistic and that everyone is already doing that, but they're not. If you think about something you want, and that's what's clear in your mind, instead of what you don't want, you're more likely to go do it.

DO! Bypass procrastination by doing what you want

I think greed could be a useful way to beat procrastination. Just decide what you want and then just do it. Do it leisurely, do it quickly, do it however you want, just get what you want. Don't do what you don't want. Don't live a life of avoidance doing things only because they're just not some other thing. This guy Wong that has a flash modifiers that works with Sony (Xx Specify who's Wong), he thinks you should just not care. I think that only works if your "not caring" ends up looking behaviorally like someone else's "caring a lot" just whatever weird mindset. Depends whatever reverse psychology works on you internally.

If someone were truly interested in learning a thing, we have Wikipedia, and it's fun to read. We have Discovery Channel, it's fun to watch. We have podcasts, they're fun to listen to. If you're actually interested in something in this world, there's a nearly limitless amount. We have libraries, free books. There's a nearly limitless amount of information for you to absorb and enjoy in regards to any topic that you find interesting. If you're truly interested in something, learning something, I have to say that you're probably not waiting for class to start in the morning. I'm reading *The Republic*, and in *The Republic* they suggest that there's three classes of people in the society, and then they educate those classes differently. They assign standard timeframes to those education periods. Why on Earth would you treat all your students on the same time frame? That's quite

stupid. There's some people that are ready to be professors at the age of eighteen. And there's some people, most, that will never, ever be ready to be professors. How tragic would it be to use some artificial timing that has nothing to do with the student, and nothing to do with the update of science, and nothing to do with the update of education tactic?

The reason the Pomodoro technique (Xx Specify what it means) works is because it flips your brain's desire to hunt things that are scarce, and it makes your time available to do work scarce. Therefore, your brain tries to hoard it, whereas quite normally you have an overabundance of work, and therefore you don't get any benefit by just doing it. You lose out on all the other scarce things you're not doing because of the work.

When you've got some type of mission that's all consuming, that's all you think about and all that you know that you should think about, and then you finally have found a way, a strategy, a method to think about that thing, your old habits and your old vices begin to fade away to become replaced with something more valuable. If you used to be addicted to women, women matter a lot less. If you used to be addicted to games, games matter a lot less. That's a great unexpected side effect of focusing on what really matters. All the shit you used to have to try and focus on not doing, you don't have to focus on not doing, because you don't have time to focus on not doing them, because you're too busy doing what you love.

#### Car progress analogy

People are like cars in a race. You can have a very fast car, but pointed in the wrong direction. You are not going to cross the finish line. Your intellect is the size of your motor. What you focus your mind on is your fuel. Your goals are your steering wheel. Your suspension is your persistence. Your tires are how well your goals match what's possible. Your body is the car's body, and the more fit for purpose it is, the less hard you will have to push to your goal. Sometimes if you go too fast, you will be pulled over by the law, and it will take longer to get where you are going, if you ever get there at all. Perhaps you crash. Go through common problems people have where they don't get where they want to go by missing key parts of a well running car.

#### Analysis Paralysis

Knowing the real good or bad of a thing in hindsight, the wisdom of crowds and prediction markets. Should you have kids, how many and when?

How does one make the decision between working harder to make money, then one day spend it to change the world, versus starting to change the world now and stop making money? There comes a day when you can't make up the time you've lost thinking about it instead of taking massive action. Pick your battles. There is an endless amount of suck. You will always be presented with conflicting ideas, the question is, which shortcut to action pays better? Sometimes not delaying is better, sometimes waiting is better.

#### Achievement

We are all capable of great things, even the worst of us. There always has been and always will be a few things standing between us and greatness. I will call these the great traps.

Circumstance, lack of opportunity, lack of time, complacency, "it's good enough", lack of creativity, lack of follow-through, too individualistic, no teamwork, not individualistic enough, no unique ideas. Greatness that is too small in scale. Learning things that become valueless.

It's pretty inspirational to hear about people that you might think shouldn't have been successful, but who ended up wildly successful. For instance, Dr. Seuss apparently was going to burn his book after it got rejected from twenty different publishers. He met his friend on one side of the street

that he was walking on, wouldn't let him burn it. If he hadn't been walking on that side of the street, he said perhaps he'd be in the dry cleaning business now. You hear the same thing with Walt Disney. A number of times he tried to get funding for Disney World. You hear things about really, really old people getting started like Mr. Sanders, Colonel Sanders, who started KFC. I believe he was in his 50s, and Morgan Freeman who got his first real good acting gig at like 35 or 45, probably 45.

Xx All these things, look them up. Verify them. The point is that if ever life is hard for you and makes you want to stop, let me tell you, there's a lot of people who have had it a lot worse, and it's worked out just fine for them when there was no clue that it should have.

#### The Past Poisoning your future

Let me let you in on the secret on the downsides to believing your own bullshit. Take a guy like the guy who made Star Wars. The first Star Wars was good, it had many of the elements, themes and storylines and ark of other successful good stories. Just like Jaws, the movie. It was about a guy faced with a problem and a journey to solve that problem. The next movie was about the shark, not the guy. That's a different fucking movie and personal development, science and music it's the same shit.

People become great by doing the things that allowed for that greatness, then once they've achieved respect, influence, popular opinion, they believe their own bullshit. Stop referencing things outside themselves, which allowed them to get the effects in the first place. Instead they change their focus and reference the shit they said internally, then they never grow and then they never progress.

The whole pool of the universe was the fuel that they used to create their original progress and all of the excellence that could be copied, found and used from everyone that preceded you that allowed their original excellence. Now, they feel obligated to honor themselves and up talk themselves and not prove themselves wrong. If you come up with a new belief system and it's not identical to your old one to some degree, you were wrong. Just like a giant company that doesn't want to lose a shit load of sales on their worst product by coming up with a better product, which will cannibalize those sales. The greatest thinkers and the greatest companies that are having the most impact fuck themselves over with their greatest enemy, previous success.

A great title for that is the greatness of the past poisoning the future. You see it with musicians, you see it with thinkers, you see it with scientists. If you haven't produced something smarter, different, better than what you originally created, you are no longer the person that you used to be; you are less powerful and less effective. If you're Tony Robbins and you take 15 or 20 years off from book writing, and the next book that you write isn't version 6 of your original book, where you got some shit wrong, fixed it and came up with better ways to understand the world, and is instead a book on how you should give your money to other people that will make you money in a 401K and a fund. That's terrible. That is not a proper development of what could be widely defended as the most successful success coach. You have failed. If you have stopped producing, if you have stopped creating, if you have not proven yourself wrong and proven your own ideas, you drank your own Kool aid, you drank your own bullshit, you rested on your laurels. I don't want to say you shouldn't be rewarded for it, but the world would be a much better place if you were still kicking ass as you used to.

For all you guys that don't want to be so hard on the greatest and most productive of us, and you want to make it okay for them to rest on their laurels and just chill and write out their success, let me tell you, they're going to pay with that with their lives. They will die more painfully and earlier than necessary, as will everyone they love and all of their offspring, because they decided to shove their thumbs up their ass and not perform and not produce. Those were the heroes. Those were the guys that had the easiest path to make a huge and great impact in this world and they shirked their responsibility or pretended that they didn't have responsibility to themselves, to their ancestors, to their offspring, to their loved ones, to their friends, to their culture to their fellow men, to their future selves, which will harshly disagree with what they did this day.

The fucking off that the greatest of us perform is quite similar to the fucking off that I did for 10 years; traveling the world, trapped in a hotel room playing video games and giving very little back to the society that allowed me to have that quality of life. Luckily, because I'm curious and I like to read, I gathered enough knowledge that I can make up for some of that lost time today by spreading good ideas in the world. Had I not made that transition and stopped that evil, terrible, destructive, disgusting behavior of wasting the gifts that I've been given and wasting the skills that I had developed and wasting the opportunity to influence the world in the easiest to influence the world time that ever existed, the most connected world speaking the most common languages, it would be a fucking tragedy and I would pay with my life.

Don't worry about outcome, only long enough to create accurate worry about actions towards outcome. Having sex and curing aging are the same thing from the guy's perspective. Guys don't dream about baby showers and baby clothes on kids, we just dream about fucking. For the same reason you don't have to dream about making people immortal or never age, you just need to worry about doing the things that cause that. You don't have to worry about the outcome, you just have to worry about curing the little parts. You're not trying to create super long living human beings, you're just trying to cure cancer or heart disease and all the things that kill them. Then, in the end you're like oh shit, I have a kid.

Punching hard to get the result you need

In physics we have rolling and starting friction. It's basically a subset of Newtonian motion whereby an object at rest tends to stay at rest and an object in motion tends to stay in motion. That is why if you're already moving, it's very easy to keep moving, and if you're stopped, it's harder to start.

More at: [https://en.wikipedia.org/wiki/Parkinson%27s\\_law\\_of\\_triviality](https://en.wikipedia.org/wiki/Parkinson%27s_law_of_triviality)

Breaking through starting friction

Using stimulants, like caffeine, might pay the same dividends in uptime-downtime volatility increasing to break over starting friction costs that having a sleep cycle effect does for animals that sleep and for CPUs. Xx Revise sentence

This type of logic can also be applied to being in the "zone" if you play sports or have bursts of creativity. It's also a way to recognize that very often what you need isn't more weak force, but just a burst of strong force, like getting the breaks to lock up on a car.

It's meaning and belief. I chose to enjoy the suck. I chose to see the pain as a goal. I chose to embrace the suck and embrace the pain. And want it. I consciously chose that. Now, I'm conditioning my body to stop fighting, and to be like, "yep, this is what we do now." When we feel uncomfortable and the suck and horror kicks in, and the compulsion kicks in to read all the websites, play all the games and fuck all the girls and stop being conscious. Whatever it takes to

stop being conscious. I got to do whatever it takes to stop existing. I got to execute a program so hard, so fast at such a speed over and over and over again until I can't think anymore, because all of my thinking is being used

Some people think that they just have to stop doing everything else in their life to be productive and be useful. We've got a disagreement between two ideas. If you want to make something so it doesn't need willpower anymore, and so that you amplify the chances that it keeps occurring, then you need to fight through discomfort and fight through identity issues, and become a person that does that thing whether it feels good or whether it doesn't, because it's just what you do. It's easier to do it than it is to not do it. How do you get to that place? You get to that place through whatever trickery and effort and trying hard that you could possibly think of that allows you to do it for long enough that it sticks as a habit

Maybe you use motivational posters, self-speech, a coach or a team, or maybe you use drugs, or maybe you use hypnosis. It doesn't matter what trickery you're using to do what you should do, but once you've done it long enough, it becomes a habit, and it becomes harder to not do it than to continue to do it.

Let's talk about that time management. Studies have been done, it's good for you to get eight hours of sleep. It changes based on your genetics, maybe it changes based on light, location, diet. Let's call it six to eight hours. 24 hours in a day, eight hours of sleep, leaves you with sixteen hours. Sixteen hours is just two other eight hour periods, at least one of which most people are used to working and culturally accepted as working, not including transition time. A nine to five job is eight hours a day, but they actually take an hour off for lunch, so it's really only a seven hour job.

The question is, if you were willing to sacrifice all transition time and every other activity except sleep, then you have sixteen hours to work with. Most people are used to working eight, and they're used to taking off Saturdays and Sundays. Your maximum hourly increase is from eight to sixteen. We'll just exclude transactional costs, like driving and dressing and preparing, we just want this math to be a little easy.

You can go from the eight hours of productive output that most people have, five out of seven days, and move it to sixteen hours of productive output, seven days. The math is actually pretty simple. Sixteen times seven is 112. If you work sixteen hours a day, seven days a week, it is 112 hours of work per week.

The math is 112, seven days a week, at sixteen hours a day, versus 40 hours a week. If you only slept and had no transitional time at all, you still cannot triple your productive hours. It's not possible, which is why if you want to be more than three times as effective in the world, you need other people, or things, or ideas that aren't you, because no matter how much you break your own balls, you are only worth three times the hours. I can argue that immersion is more valuable, because hard ideas have start up and spool down time. Or, I can argue that more time is less valuable, because you burn out, and you get tired of focusing on a thing.

Either way, let's just call it about three times effectiveness based on total sacrifice of any non-productive enjoyment. You want to watch a movie? You're not in the movie business? Fuck you. You want to go outside to eat? Nope! No eating outside. Matter of fact, no getting up from the



chair. No! It's not that great. If you want to really, really make breakthroughs in this world, you've got to use people that aren't you, because you can only get about three times as many hours. Now, can you change behavior and do things that are better tactically and strategically? Sure, and you should, because as I said previously, more hours is only worth a maximum of about three times. When you look at the people that are ahead of you in this world, three times isn't going to get you even close, and it almost doesn't matter who you are.

Enduring pain in order to stash up enough energy to make a breakthrough, to then have overwhelming success is like holding your breath before a dive. Sucks while you're doing it, but it's the only way you can get low enough and get back with enough oxygen. Take whatever you want at the bottom of your dive up to the top and enjoy it. During the suck of getting no rewards, or people telling you what you're doing is stupid is kind of what's required to make the breakthrough, to get to the place that they would never have the courage to get.

A great example of this is trying to cook a steak by a committee where 10 people come into a room, look at the steak and blow their warm breath on it trying to cook it. You could increase the number of people on the committee to 100 and you still wouldn't be reaching the temperature that you need in order to cook the steak. You need one hot thing, not 100 warm things.

When you want to create an outcome and you've got limited resources, most people choose the objective based outcome filtering of "what's the critical path?" What's the least number of steps with the least amount of risk to get from? Where we are now to where we want to be? Then you look at where you want to be and you say "Well, what do we want?" We want customers and we want our customers to like us. Do we let our customers develop the product that they will fall in love with? Yes! What's the minimum viable product to get out the door to start getting feedback with our case study, to start optimizing the product and make it amazing?

We already have a good product; every money value that we already spend will not only generate the best return, because it's the most sticky and most useful product, because it's already been optimized by some pre customer test cases. It's already more reliable because we fuck those guys around getting it right so now the new guys get it better. It's also because it better enhances the likelihood that every new customer that we get tells a friend and we might be able to get some free customers from word to mouth that we didn't have to pay for. Those customers tend to stay longer.

The problem with that approach, the upside to that approach is that it cuts out a lot of needless steps that would waste time and energy, and not create a better product for your customer and not create a better market fit by choosing the right pricing, loading the scope and doing one thing really well instead of doing ten things shittily. It's very good for those things. That way the lean startup methodology and critical path analysis are effective in those areas. However, there is a downside to using critical path analysis and lean startup minimum viable product style of creation. That is that some of the things that you could have built that may be more profitable than the original idea is, and you may have easily pivoting into. You never notice because you filtered out and cut off the other novel and interesting things to focus on the one thing that you decided was the most important. What you'll find is some of the companies that are wildly successful are wildly successful with products that were definitely not what they were invented to do.

Flicker was a video game company. Then they turned into a photo company, because people liked that more. Slack was a video game company and they turned into a product management company, because people like that more and down the line. When you use novelty search, when you care about bottom up, when you do what is interesting and perhaps have enough energy to survive that indeterminate space for longer, then you can end up with unpredicted excellent rewarded outcomes that you would never have been able to find or figure out from the end point backwards style.

In summary, by choosing a destination, an outcome and reaping the rewards of not wasting energy falling down paths that are maybe dead ends, you have a high specificity, you don't get false positives and you don't waste time. You also have a low sensitivity and you don't capture **mar/**( Xx What's this?) that you might have been able to do, and so it is the path between what you want, which is really profitability in most cases in business, and where you are, which is an idea.

My point is, I might be able to create some good things in the world regarding people making better decisions and taking responsibilities in their own lives. Using an interesting novel search pattern since human beings are trained to care about that shit more than brute objectivity anyway. I am trying to optimize the objective likely, minimum viable path to get the thing done, because I'm so uncertain in the likelihood of that path over the others anyway. I think I should quit wasting time trying to optimize outcome strategically and with the concrete vision and be happier with a more arty flowery throw a lot of shit at the wall and see what sticks style. Xx Revise paragraph, idea vague/hard to understand

If you don't do it, you don't know it. If you didn't build it, you didn't invent it. Most of what you think you have invented, you will find has already been patented by people a long time ago, or they already tried it and it failed. It's like the human eye. We aren't the only animals with eyes, they've developed separately and unrelatedly time and time again at least 50 different times across many different animals, because they serve a very useful purpose. For the same reason animals developed useful eyes separately, you likely came up with a cool invention to solve a common problem, just like everyone else did, you just know about the problem and solving it more than you know about their attempts. For someone who spent more time reading patent applications they might have the opposite experience.

It's easy to think that what makes a man rich is what he does. In fact, what makes a man rich is what everyone else does; What the society you operate in allows you to own, what the judges and lawyers will let you keep and not tax away, what good job your employees do and how much your customers will buy, and how many people didn't choose to compete with you or do the same job at roughly the same quality for free. You can't get rich in a vacuum, unless you're in the space exploration business. Or thermoses.

If you're not doing it, you don't know it.  
A lack of balance is the definition of pain.

How do you get people to focus on commonly forgotten ingredients of a successful recipe? What is more important in a cake? The sugar, the flour or the cooking? You need them all, or you don't get a cake. By this analogy you can see that a successful person such as Bill Gates isn't wealthy solely because he started a business. He's wealthy because he started a business AND the entire world bought his

products. You see that it is the world and it's systematic behavior that causes things to happen, then you can understand better that a different human Bill Gates would have performed the same task perhaps at a different time. There has to be some merit in shifting the focal point externally. I know it accounts for monopoly.

If you're a seductionist and you have the normal training, it is very self-centered and not system oriented, the same way that many self-help and personal development materials are. When you include your relationship to the system and their relationship to the system, you can save a lot of time when you're not swimming against the current. Egocentrism is one of the lowest forms of understanding.